

# Challenges in Caregiving: Giving Care, Taking Care~June 5, 2006

8:00	Registration	Coffee and Resource Exhibits
9:00	Welcoming Remarks	
9:10–10:15	Keynote: Staying Motivated...Keeping a Positive Focus while Caregiving	PK Beville, PhD
10:15–10:45	Break	Refreshments and Resource Exhibits
10:45–12:00 Concurrent Workshops  Please Choose One to Attend	<p><b>A1 Dementia: Common Behavior Changes and Challenges</b> <b>PK Beville, PhD</b> Many behaviors that occur with dementia are difficult for the caregiver, but “normal” for someone with cognitive impairment. It is essential that caregivers understand how and why dementia impacts behavior...only then can you provide care with dignity and respect. This workshop presents positive strategies for specific behaviors such as resistance to personal care, agitation, and hoarding. (Will be repeated as B1)</p> <p><b>A2 Learn to Relax...Naturally!</b> <b>Carolyn McManus, PT, MS, MA</b> Learn how to creatively manage your body's reaction to stress. This workshop presents specific techniques to help you relax both physically and mentally, to breathe easier and sleep better. Hear tips on the mind-body connection, exercise, controlling negative thinking and finding joy in difficult times.</p> <p><b>A3 Feelings: Recognizing and Coping with Stages of Grief, Anger, and Guilt</b> <b>Marcia H. Hoover, PhD</b> The relationship between caregiver and care receiver can be intense, complex, rewarding and frustrating all at the same time. This workshop, given by a marriage and family therapist who herself is a caregiver, will help you recognize different emotions, sort through feelings, and manage feelings such as anger, guilt, shame, frustration, and sadness. (Will be repeated as C2)</p> <p><b>A4 Is it Depression? Signs, Symptoms and Interventions</b> <b>Karen Kent, MSG, LMHC</b> Depression is common in people with chronic illnesses and in the individuals who care for them. This workshop will help you identify the signs of depression in both the caregiver and the person receiving care. It will provide simple day-to-day interventions and help you recognize when medical help is needed.</p> <p><b>A5 Legal and Financial Issues in Caregiving</b> <b>Dan A. Farr, Attorney-at-Law</b> Planning for future legal and financial needs is critical for individuals and their families faced with chronic long-term illness. Durable powers of attorney, guardianship and advance directives can affect their choices and quality of life. You will learn about current legal options and eligibility for financial assistance with long-term care. (Will be repeated as B4)</p> <p><b>A6 Understanding Mental Illness in Persons with Developmental Disabilities</b> <b>Tom James, PhD</b> There are common myths that people with developmental disabilities don't experience mental illness and that emotional disturbances are part of being developmentally disabled. As a result, individuals with a developmental disability that also have mental illness often fail to receive much-needed mental health services. This workshop will explore the differences between mental retardation and mental illness and offer suggestions for appropriate support, diagnosis, and treatment.</p>	
12:00–1:30	Luncheon	
1:30–2:45 Concurrent Workshops  Please Choose One to Attend	<p><b>B1 Dementia: Common Behavior Changes and Challenges</b> <b>PK Beville, PhD</b> Many behaviors that occur with dementia are difficult for the caregiver, but “normal” for someone with cognitive impairment. It is essential that caregivers understand how and why dementia impacts behavior...only then can you provide care with dignity and respect. This workshop presents positive strategies for specific behaviors such as resistance to personal care, agitation, and hoarding. (Repeat of A1)</p> <p><b>B2 Family Relationships: Conflict and Cooperation</b> <b>Karen Kent, MSG, LMHC</b> The dynamics of a caregiving situation may create conflict among family members. Insights into traditional family roles and underlying relationship problems can help families deal more effectively with interpersonal issues. The presenter will offer strategies for improving communication, promoting cooperation and coping with conflict. (Will be repeated as C1)</p> <p><b>B3 Learn to Relax...Naturally!</b> <b>Carolyn McManus, PT, MS, MA</b> Learn how to creatively manage your body's reaction to stress. This workshop presents specific techniques to help you relax both physically and mentally, to breathe easier and sleep better. Hear tips on the mind-body connection, exercise, controlling negative thinking and finding joy in difficult times. (Repeat of A2)</p> <p><b>B4 Legal and Financial Issues in Caregiving</b> <b>Dan A. Farr, Attorney-at-Law</b> Planning for future legal and financial needs is critical for individuals and their families faced with chronic long-term illness. Durable powers of attorney, guardianship and advance directives can affect their choices and quality of life. You will learn about current legal options and eligibility for financial assistance with long-term care. (Repeat of A5)</p> <p><b>B5 Keeping Your Back on Track: Transfer Skills and Back Injury Prevention</b> <b>Peg Maas, PT</b> Most back injuries occur as a result of repeated, daily stress on the back. This interactive workshop provides practical information on basic body mechanics and care of your back during all your everyday activities. The speaker will demonstrate safe techniques for transferring an impaired person, and assistive devices that will make the job easier for you and for the person you're assisting.</p> <p><b>B6 Community Resources for Younger Adults with Disabilities</b> <b>Debra Enright, BA; Emily Gorchels, MSW; Jeanette Murphy, MA</b> Younger adults with disabilities have special needs and caregivers often struggle to find resources to help them live in the community. Information will be presented on housing options, recreational opportunities, support groups and legal issues specific to younger adults with disabilities such as TBI, developmental disabilities or mental illness. This workshop will help you identify and find the right services at the right time.</p>	

<b>2:45-3:00</b>	<b>Break</b>	<b>Refreshments and Resource Exhibits</b>
<b>3:00–4:15</b> <b>Concurrent Workshops</b>  Please Choose One to Attend	<p><b>C1 Family Relationships: Conflict and Cooperation</b> <b>Karen Kent, MSG, LMHC</b>  The dynamics of a caregiving situation may create conflict among family members. Insights into traditional family roles and underlying relationship problems can help families deal more effectively with interpersonal issues. The presenter will offer strategies for improving communication, promoting cooperation and coping with conflict. (Repeat of B2)</p> <p><b>C2 Feelings: Recognizing and Coping with Stages of Grief, Anger, and Guilt</b> <b>Marcia H. Hoover, PhD</b>  The relationship between caregiver and care receiver can be intense, complex, rewarding and frustrating all at the same time. This workshop, given by a marriage and family therapist who herself is a caregiver, will help you recognize different emotions, sort through feelings, and manage feelings such as anger, guilt, shame, frustration, and sadness. (Repeat of A3)</p> <p><b>C3 Nutrition and Dementia</b> <b>RaChelle Zylstra, PhD, RD</b>  Most people with dementia develop changes in their eating habits. Mealtimes may become a struggle leaving the caregiver confused and the person with dementia upset and resistant. In this workshop you will learn effective ways to reduce mealtime stress and ensure good nutrition and hydration from early to late stage dementia.</p> <p><b>C4 Finding In-Home Care and Making it Work</b> <b>Sally Friedman; John Deagan; Lynn Joebgen</b>  Making the decision to hire in-home help is never easy, and finding the right person to care for your loved one is also challenging. In this session, you'll learn where to find quality home care providers, how to interview and hire a helper, ways to pay for these services, and where to go for help if problems arise. The presenters will also discuss the emotional issues of trust, fear and letting go.</p> <p><b>C5 Communicating Effectively with Health Care Professionals</b> <b>Patricia L. Sattler, MSW</b>  Medical appointments can be rushed, confusing, and frustrating, sometimes leaving patients and their caregivers wanting more information or feeling that their needs haven't been met. In this workshop, you'll learn specific strategies to improve communication with health care professionals, and help ensure you're receiving the best quality medical care.</p> <p><b>C6 Giving Care &amp; Taking Care: A Discussion Group</b> <b>Joanne McMahon, MSW</b>  The challenges of "giving care and taking care" create difficult situations and dilemmas for family members. This information sharing and support session provides the opportunity to discuss major concerns and daily frustrations with other caregivers and a professional facilitator. Listen, learn and share your experiences with other people in similar circumstances.</p>	
<b>4:15</b>	<b>Celebration of Caregiving Reception</b>	<b>Refreshments and Door Prizes</b>

## Faculty List

### Paula Kay "P.K." Beville, PhD

CEO, Geriatric Specialists  
CEO, Second Wind Dreams

### John Deagan

Supervisor  
Senior Services Seattle/King County

### Debra Enright, BA

Washington Coalition of Citizens with Disabilities

### Daniel A. Farr

Elder Law and Estate Planning Attorney  
Member, Estate and Elder Law Section of the Washington State Bar Association and the US District Court for the Western District of Washington

### Sally Friedman

Caregiver Advocate  
Senior Services Seattle/ King County

### Emily Gorchels, MSW

Washington Coalition of Citizens with Disabilities

### Marcia H. Hoover, PhD

Medical Family Therapist

### Tom James, PhD

Field Services Psychologist  
Division of Developmental Disabilities Region 5

### Lynn Joebgen

Catholic Community Services

### Karen Kent, MSG, LMHC

Clinical Supervisor, Geriatric Regional Assessment Team  
Evergreen Healthcare

### Joanne McMahon, MSW

Regional Services Manager, ElderHealth Northwest  
Trained Facilitator, Alzheimer's Association

### Carolyn McManus, PT, MS, MA

Physical Therapist  
Swedish Medical Center

### Peg Maas, PT

Physical Therapist  
Swedish Medical Center

### Jeanette Murphy, MA

Washington Coalition of Citizens with Disabilities

### Patricia L. Sattler, MSW

Manager, Care Management Programs  
National MS Society, Greater Washington Chapter

### RaChelle Zylstra, PhD, RD

Planner for Nutrition Services  
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